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The National Association for the Advancement of Psychoanalysis

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THE SYNERGY OF PSYCHOANALYSIS - Part I

The whole is more than the sum of its parts. Aristotle

Synergy (sin’er-ji), n. [Gr. synergia, joint work <synergein, to work together. Webster

The glue of a profession, that which holds the profession together, is its members. Armstrong-Manchester

The mission of NAAP is to realize Freud’s view of psychoanalysis as a profession. A profession is the whole which is more than the sum of its parts. However, the parts, each and every one, are essential to the totality of a profession. For any profession to both survive and thrive, the component parts need to function synergistically.

The primary component parts of every profession are:

1. The educational institutions – in psychoanalysis we call them the psychoanalytic institutes.

2. The national professional organization – in many professions there is more than one national professional organization; ours is NAAP.

3. The regulatory bodies – the national professional accrediting organization for NAAP psychoanalytic institutes is the American Board for Accreditation in Psychoanalysis (ABAP). Many professions have more than one national accrediting body. The other regulatory body which often exists is at the state level and varies from state to state.

4. The members – the students, candidates, graduates, faculty, and the practicing professionals.

A profession is a vocation based on specialized theoretical knowledge, educational training, and the skills necessary for a practitioner to perform a public service. Each psychoanalytic institute is a nexus of intellectual and cultural activity with a life all its own, a veritable universe. Some people may think the psychoanalytic institutes are the profession; rather, they are but one essential part of the psychoanalytic profession. A national professional organization such as NAAP seeks to further the profession, the schools (psychoanalytic institutes), and the individual practitioner, and to protect the public through national certification of psychoanalysts and ethical, educational, and professional standards. A national accrediting organization works with the educational centers psychoanalytic institutes to develop, maintain, and then improve the educational standards to protect the profession, the practitioner, and the public. The engine and glue that make all this possible, to make our profession vital and meaningful, are the members. As each institute, NAAP and ABAP, are there for you, they can not exist without you being there for and with them.

Every student, candidate, graduate, faculty member, and practicing psychoanalyst needs to support their institute, their national society (or equivalent), and NAAP. What form of support is needed? What is the power that drives the psychoanalytic enterprise? There are two forms, as I see it. I call them people power and money power. First, we need to understand that the dues at NAAP are among the lowest of any national professional organization. Also, we need to understand that financial support, what we each personally budget as our professional “dues,” needs to be for our institutes (membership, alumni dues, etc.), our societies or equivalent, for NAAP, and for their activities such as conferences.
that are designed for your continuing education. But we also need to provide another form of power – people power – i.e., volunteering for one or some of each entity. None of the component parts of our profession have corporate profits to “hire” people for everything that needs to be accomplished. Rather, as individual professionals, we all need to be an active part of the engine of psychoanalysis, a part of our psychoanalytic community. The synergy of each and every member; through people power and money power; can further develop excellence in our profession and also provide every one of us with personal and professional connections with one another.

The earth is quaking beneath our professional feet. Of course, the only thing that stays the same is change. We all need to be together to learn about, to be a part of rather than apart from, the moving shifts in our psychoanalytic world. Join us November 6 at NAAP's 38th Annual Conference: Do You Know Me? The Value of Multiple Theories in Psychoanalysis. Learn about the importance of the undergirding values beneath the many theories of psychoanalysis. The more we know, the more we can apply to our practices to enrich ourselves, our professional lives, and our practices. Come be a part of the theoretical and interpersonal synergy of our profession, psychoanalysis.

Pamela Armstrong-Manchester
More and more practitioners are looking to NAAP membership as essential to their professional identity and as a key investment for their professional futures. The following benefits are available to current members or members who join now:

Registry of Psychoanalysts
Your listing in NAAP’s Registry of Psychoanalysts is of enormous value and prestige. In addition to your name, degree, and contact information, your listing includes your psychoanalytic orientation(s) and practice modalities. The registry is used as a primary source for referrals and other informational needs about qualified practitioners in psychoanalysis. NAAP’s registry is available online as well as in print and receives international distribution.

Certified Psychoanalyst
If you have completed a program of training acceptable to NAAP’s Membership Registration Committee, your listing includes a NAAP registration number (“P” number) that identifies you as a “Certified Psychoanalyst.” In addition, you are entitled to use the initials NCPsyA (NAAP-Registered Certified Psychoanalyst) after your name. NAAP members use these initials and “P” number on their stationery and business cards, and in their professional communications.

Insurance Coverage
Being a member of NAAP entitles you to enroll in NAAP’s Professional Liability Insurance Program. Our policy specifically covers you as a psychoanalyst. You may obtain coverage as a candidate-in-training, or as a part-time or full-time practitioner. The website americanprofessional.com has the information you need to sign up.

Third-Party Payment Advisory Service
As a NAAP member you may obtain help in dealing with your patients’ insurance companies concerning third-party payments. Phone the NAAP office to review your situation with our advisors who can guide you based on the considerable experience NAAP members have accumulated with various insurance companies over the years.

Referrals
Members of the public who are searching for a mental health practitioner call the NAAP office to obtain referrals.

Scientific Conferences
As a member, during the year you are invited to attend one or more NAAP-sponsored scientific conferences at reduced member rates. Our programs address state-of-the-art topics in psychoanalysis and feature well-known speakers from the various schools of psychoanalytic thought. The conferences feature afternoon workshops on issues in psychoanalytic practice. Educational seminars on various topics are also offered throughout the year. Members are invited to participate in the conference and seminars.

NAAP Publications
Members receive free of charge NAAP publications such as the Registry of Psychoanalysts and the quarterly NAAP News. In addition, they receive the weekly e-Bulletin with updates on events in the psychoanalytic community. Contact Kirsty Cardinale, NAAP News editor; at naapnews@naap.org if you wish to place an item in the newsletter or bulletin.

Opportunity to Contribute
As a member you may offer to present a paper or lead a workshop at a conference or educational seminar. You may nominate colleagues to the NAAP Board and you have the opportunity to be elected or appointed to a committee.

Legislative Advocacy
NAAP was instrumental in obtaining the license for psychoanalysts. NAAP and its federal and state lobbyists continue to work in your behalf to move forward in statute revisions and legislative action that will enable psychoanalytic providers to expand entitlement to third-party state and federal reimbursement programs. All of these efforts strengthen psychoanalysis and are directed toward the continued development of psychoanalysis as an independent profession.

Summary
We are not psychoanalysts because of a prior academic background or mental health discipline or license. We are psychoanalysts because we have been trained as such. NAAP is your professional membership organization. As such, it needs the support of every psychoanalyst, psychoanalytic psychotherapist, candidate-in-training, researcher, educator, and friend who is eligible to apply for membership. If you are a member already, NAAP needs your enthusiasm to contribute to its efforts. What are your areas of expertise? Contribute your talents to NAAP. Tell us what you can do and want to do to support our goals. Tell us what efforts you would like NAAP to make in your professional behalf. Can you help with those efforts? We need the participation of every member. If you know of colleagues who may be eligible for certification or another category of membership, encourage them to apply.

How to Join NAAP
Download a membership application at www.naap.org. Or call 212-741-0515 or email naap@naap.org to request that an application be mailed to you.

Questions
We welcome your questions at naap@naap.org or 212-741-0515.

Margery Quackenbush Ph.D., is Executive Director of NAAP.
In the previous issue of NAAP News, you read a modest account by Harold Stern of his work in Russia since 1991. I think it would be fair to say that Dr. Stern, with the visionary assistance of Dr. Mikhail Reshetnikov, rector of the Eastern European Institute for Psychoanalysis (EEIP) in St. Petersburg, was a key figure in bringing American psychoanalysis to Russia. A year after his first lectures at EEIP, Dr. Stern returned with Dr. Charles Bershatsky, co-director of the Mid-Manhattan Institute for Psychoanalysis (MMI), where the two presented a series of lectures on Modern Psychoanalysis specifically developed by MMI for EEIP. Stern and Bershatsky won for MMI the award for EEIP’s best psychoanalytic presentation that year. MMI is now in possession of a beautiful statue of Freud, presented, along with an honorary professorship, to Charles Bershatsky.

Dr. Stern continued lecturing at EEIP. His teaching provided the foundation for the current excellent caliber of clinicians in Russia. Dr. Stern also encouraged MMI to further its work at EEIP, as the Russian doctors were both eager to learn and rewarding to teach.

Dr. Bershatsky now regularly visits Russia. In his inimitable and accessible style, laced with humor, reminiscent of Dr. Hyman Spotnitz’s own style, he walks among the students as he alternately lectures and talks with them individually. In addition, Dr. Bershatsky provides individual supervisory sessions. A fine friendship has blossomed between Drs. Reshetnikov and Bershatsky. They continue to correspond to this day.

After a number of years my well-known dislike of travel was trumped by Dr. Reshetnikov’s invitations and my curiosity about these highly engaging people of whom my husband spoke so fondly. And so it was that in May of 2009 Charles and I journeyed to St. Petersburg. We were greeted by a large turnout of eager candidates from EEIP. Additionally, we were surprised by a request from Dr. Jan Federov, director of a government-funded day clinic, to provide two days of seminars for his staff.

The clinic was truly a delightful experience. We were further surprised to find that these psychiatrists and psychologists in Russia not only treat severely disturbed patients with therapy, but that they treat them in both individual and group settings as well. Harold Stern, of the Center for Group Studies (CGS), which teaches Dr. Louis Harold Ormont’s group techniques, had already begun training the staff. These Russian therapists are achieving remarkable results with schizophrenic patients treated on an outpatient basis. They find that these patients have fewer hospitalizations and great improvement in functioning.

Inspired by our past theatrical background, Charles and I “improved” a two-day seminar to illustrate the methods of Ormont and Spotnitz for group treatment. In addition, we discussed the combined modalities and Modern Psychoanalytic interventions for treating people with pre-oedipal disorders, who often do not respond to classic interpretations, but instead require a different kind of intervention to address their transferences and resistances.

It would be unthinkable not to discuss the work of Dr. Federov at the day clinic. He has submitted an article entitled “Modern Psychiatry” to MMI’s journal, in which he details his use of the Spotnitzian interventions of joining and mirroring in his psychiatric practice at the clinic. Federov secured the permission of a patient and his therapist to allow us to observe an individual session. With the expert assistance of an interpreter, we were able to identify a problem in the case, which helped the therapist to turn it around. Everyone was pleased with the result although we had never before thought it possible to supervise in such an immediate way. Dr. Federov’s dedication to his team approach at the day clinic is both inspired and inspiring.

During this most recent visit, we had a very enlightening discussion with Mikhail Reshetnikov. He told us:

“In Soviet times psychiatric textbooks wrote that there were no neuroses in the USSR, because the USSR was declared ‘a new type of society which had no social basis for neurosis, the disease of rotten West’. Psychology, psychotherapy, and psychoanalysis were suppressed in the 1930s, because they release individual’s potentials and bring him freedom, and Bolsheviks could not accept it. Before 1966 we had no such profession as psychologist, and before 1985 we had no such profession as psychotherapist.”

Dr. Reshetnikov explained that he and other psychoanalysts had gone into hiding until about 1990, when it became abundantly
clear that the Russian population was very much in need of psychotherapy. Reshetnikov was directly responsible for persuading Harold Stern, who in turn persuaded MMI, to organize the development of a program in Modern Psychoanalysis in Russia and to make a “personal contribution to the restoration and development of the Russian psychoanalytic school.” These are the words inscribed on the honorary doctorate conferred upon me after this year’s lectures at EEIP.

This past September I started a training group with 13 Russian doctors, gathered by Federov from among his colleagues in St. Petersburg, using video-conferencing software and an interpreter. This ongoing experimental group has been a great success, and we all look forward to our next visit to Russia, when we plan to lecture at an institute in Moscow as well as at EEIP and the clinic. Dr. Reshetnikov has also invited us to tour various institutes in Europe and Asia in the near future.

Dr. Deborah Greene Bershatsky was in private practice for 30 years, and is co-Director of the Mid-Manhattan Institute for Psychoanalysis. She is Director of Advanced Mental Coaching at “Trader Psyches,” a traders’ consulting firm, and is the editor of MMI’s journal, The Annals of Modern Psychoanalysis.
In the last issue I presented the process for discovering and articulating the vision for your practice. Admittedly, the process of visioning can seem rather vague and imprecise. Yet when any practicing professionals explore their reason for being, it involves the exploration and discovery of many things that we may feel on a subconscious level. The challenge then is to articulate what we discover.

Once the vision is in place, how will you get there? The mission is basically what you do, how you do it, your values, and why you do what you do. So to get to that, here are the things to consider when developing your mission:

1) To begin the process, discuss and list your values and core competencies. They may not necessarily appear verbatim in your mission statement but should inform its development.

2) Describe what you do in relatively simple terms.

3) Describe in general terms what you hope to accomplish.

4) Lastly, why do you do it the way you do? This is another component that would be informed by your values.

Remember; this isn’t something you can do in one or two hours all by yourself. In the summer issue I suggested you bring together a team of trusted advisors to assist you with this process. Developing and formulating your mission takes reflection and discussion, with that team, whether they are employees in the case of a larger practice, or a council of trusted advisors assembled by a sole practitioner. To make the process truly successful, get them actively involved, to digest the concepts and talk through the ideas.

The Process

1) What do you value and what are your tools?

Viktor Frankl suggested that the three primary values are experience, creativity, and attitude. Others have suggested joy, virtue, trust, integrity. The list of possibilities is much longer than I have room for in this article yet should be explored with your team to discover the values that drive your decisions. Then talk a little about your technique and supporting procedures. Some possible discussion questions might be: How do you take care to prepare your space for your clients/patients? Do you have policies for cancellations, scheduling, billing, payment, etc? How do those policies reflect your values? Again, these things may not necessarily appear verbatim in your mission statement but should inform its development.

2) How do you do what you do?

What is your school of thought? In one succinct phrase or sentence describe the unique elements of your technique in layman’s terms. This is where your team of advisors can play a crucial role. They can help you to avoid getting caught up in the jargon of your field.

3) What do you hope to accomplish?

The vision looks at this as well, but on a more global scale. The mission describes success with your clients/patients on an individual level. I’ve heard some analysts say “The client/patient gets better.” Attempt to be more specific than that. Revisit your values for some clues as to how to articulate this. Some random ideas: productive, independent, less stressed, thoughtful, joyful, etc.

4) Why do you do it this way?

Explore your passion for your particular school of thought and your personal technique. Try to weave some of those things into your mission as well, without disparaging the other schools of thought. As I understand the reason for the diversity of analysis, it has come about because it was discovered that different types of analysis work better for some people than others. Why does yours work for your type of client/patient?

The Result

As an example, I’ve included my personal mission: To help organizations apply their human intellectual resources (how I do what I do), in ways that will increase both the physical and cultural prosperity of the organization (what I hope to accomplish), thereby bringing the joy of accomplishment to the workplace (why I do it this way).

Notice there is nothing explicit about office procedures and consulting practices. However, it does describe in general terms what, how, and why I do what I do. Further, it shows that my mission is informed by the values of physical and cultural prosperity, as well as the joy of a job well done.

Good luck on developing your Vision and Mission and feel free to send any comments or questions to stevemccombs@netscape.net. We can then truly open a forum on Practice Management. Your input is necessary and welcome.

Steve McCombs is a Performance Consultant at Western Technical College in La Crosse, Wisconsin, and a Public Board Member of ABAP. He can be contacted at stevemccombs@netscape.net.
On May 15, the National Psychological Association for Psychoanalysis (NPAP) presented a landmark event, in collaboration with the New School departments of Social Science and Psychology. “Foreshadowing the Present: The Legacies of Theodor Reik” celebrated the impact of NPAP’s founder, Reik, on the current controversies in the world of psychoanalysis. The event drew more than 200 analysts from most major schools of thought, who gathered to elucidate the influences that Reik has had on the classical/relational schism. The day-long conference may have been a “turning point” in the ever widening attempts of psychoanalysts, the world over, to find a way to integrate various schools of thought.

In his introduction, Carl Jacobs explicated the long-held and repeated controversies that have plagued psychoanalysis since its very beginning. He showed how the Reik/Reich, Reik/Strachey, Reik/Fenichel controversies had foreshadowed the current traditional/relational debates that are so much a part of our current literature, especially in relation to the technique of psychoanalysis, and the concept of “surprise.”

Harold Blum, Otto Kernberg, and Jeremy Safran comprised the morning panel, and discussed Masochism, Listening with the Third Ear, and Love and Lust. During the exciting, extended discussion, the presenters gave a lively explanation of the core issues involving technique, and how it differs among schools, and how it is also the same.

After lunch, the attendees were treated to a loving tribute to Reik the man by Erika Freeman, who was trained by Reik and is the author of Insights: Conversations with Theodor Reik.

The afternoon panel began with Martin Bergman, who at 97 is another direct link to Reik, as he had attended Reik’s seminars in the 1950s. Bergman’s presentation cut to the core of Reik’s work on confession, as he suggested Reik had invented a new form of biography, which is now a staple of post-modern literature. Anna Aragno then explicated in detail how Reik’s “Listening with the Third Ear” was at the heart of all psychoanalytic communication. Her beautiful paper was followed by a breathtaking presentation from Dany Nobus, a Lacanian, who brought Reik’s life and work alive and linked it to the French schools of psychoanalysis.

“Foreshadowing the Present” was two years in the planning. It began as a tribute to Reik on his 120th birthday and NPAP’s 60th anniversary. As has become the tradition at NPAP, the entire conference is available for viewing on youtube.com in seven discreet parts. The morning and afternoon panels are available on FORA TV.com. (For those who are Web-challenged, the event can be accessed at www.npap.org.) In April 2011 a special issue of The Psychoanalytic Review will publish extended versions of all the papers from this conference. Carl Jacobs, who organized and moderated the conference, will be the guest editor.

Ideally, “Foreshadowing the Present” has shown how psychoanalysts from differing schools of thought can come together in an integrative way to discuss their differences, and potentially find that elusive “common ground” that we have all been searching for.

Carl Jacobs D.Sc., LP, NCPsyA, is Senior Member, Training and Supervisory Analyst, Faculty, and a Member of the Board of Directors and Board of Trustees at NPAP. He is also a member of the International Neuropsychoanalytic Association, NAAP, and the American Counseling Association, and is a Diplomate of the American Psychotherapy Association. Jacobs is Associate Editor of The Psychoanalytic Review, Founding Member of Fluxus and Experiments in Art and Technology, a filmmaker, and a singer/songwriter.

*All photos copyright Leah Jacobs
Daphne Merkin wrote a fascinating article about psychodynamic therapy in an age which calls for short-term help and quick answers. We know that she has written prolifically about her illness as well as other topics. We also know that she came from a family of six siblings and, according to her, had a remote father and athletic brothers. We are also told that her 26-year-old daughter observed that psychoanalysis was “emotional prostitution.”

At first glance, one could interpret the article as being a diatribe against psychoanalysis, thus fitting in with the present cultural attitude. But a second and more careful reading reveals gratitude expressed for treatment over a period of 40 years with different analysts, though it is cloaked in the usual frothy and angry manner of the story teller. Merkin admits to being a ‘difficult’ patient and, indeed, having been hospitalized attests to that. On the other hand, we become quickly aware that she has felt deeply unloved and ‘different’ all her life. While she emphasizes a ‘remote’ father and being so utterly different from her brothers, she hardly informs us of the wreck of her relationship with her mother.

It is really the love of the latter that Merkin is constantly talking about when she comments on her attachment to an analyst, questioning whether he or she really loves her or whether it is all a matter of fees. She does not like paying fees or the “restricted” time in a session. She wishes all of it given to her because she needs it. Yet, as one analyst remarked, she has trouble with closeness as well as distance. She was “forced” into a marriage with later divorce, and she had a daughter—a child caretaker for herself. One gathers that the mother presented a cool and haughty attitude, thus preventing the formation of a secure attachment bond.

Merkin is somewhat disillusioned about analysis but states it is the “only game in town.” But there is no magic such as re-parenting to erase early trauma. There are also no real romantic surprises. The intimacy of the analytic space is important; it provides “chaste intimacy” without romantic consequences. While she cites Freud’s dictum that analysis can turn hysterical misery into common unhappiness, her dream was to marry her analyst just like Elaine May did. Her suspicion about how much someone likes her may be well founded because she can carry on like a toddler with a tantrum. If she is suspicious of men, this is not the worst suspicion—it is shared by many other women. But she acknowledges the value analysis has for her. Analytic words such as “transference” or “repression” “...speak to me with all the charged power of poetry interpreting that which lies beneath awareness.”

Of course, she has to modify such affirmation by observing “whether they do it rightly or wrongly is beside the point.”

Ms. Merkin mostly saw psychiatrists and one wonders about any prejudices concerning lay analysis. Then again, her predicament is not uncommon and many such patients are seen at Washington Square Institute. Ms. Merkin’s difficulties cannot be ascribed to a symptom neurosis (almost extinct) but rather to character formation. Many patients we attend to have suffered traumas in early childhood, often with insecure mother-infant attachments. Thus, not having experienced early security and protection, they are pretty much left without good ego defenses and are experiencing anxieties, phobias, and emotional storms. We cannot redo their early development (magic) but we can assist in raising awareness of their maladaptive patterns and help them to look for better adjustments. This may not necessarily lead to transformations but if we can assist with stabilizing emotional reactions and reduce the ups and downs, then indeed we have helped that particular person.

One more remark needs to be made about Ms. Merkin’s story. She is completely correct that only digging in the past does not provide for stability in the present. But dig we must (like Con Edison). However, we need to be aware when, where, and how much, never leaving the present unattended. What looked like a diatribe about psychoanalysis at first glance turned out to be an appreciation, though not a gracious one, of the method Freud left us with — a method that provides us with a structure to observe and look at the world, but not with rose-colored glasses.

Gerd H. Fenchel, Ph.D., is Dean and Director of the Washington Square Institute in New York.


The Washington Square Institute has provided therapy services to the community for fifty years. Much of the staff has been with the institute for more than fifteen years. WSI provides psycho-dynamic psychotherapy at affordable fees based on an income scale. Many patients return to treatment after an absence of many years. In addition, WSI provides training in psychodynamic psychotherapy and psychoanalysis for appropriate professionals.
Self-Sabotage, Fear of Success, and Fear of Envy
Experiential & Support Group —
Accepting New Members !!!

Group Leader: Susan Kavaler-Adler, PhD, ABPP, NCPsyA, D.Litt
Where: 115 E. 9th St. (3rd Ave.), 12P, NYC, 10003
When: Mondays, 7:45 to 9:15 PM

Dr. Kavaler-Adler assists participants in understanding the underpinnings of self-sabotage, fear of envy, and fear of success in both their patients and themselves, by helping them to understand the unconscious loyalties that bind them to patterns of self-sabotage.

Participants have a unique opportunity to look into their internal world experiences during the psychic guided visualization; are encouraged to share their experiences; and develop a group bond to aid each other in working with their fears and conflicts.

Monthly Therapy & Support Group with Emphasis on
Individual Mourning, Grief & Psychic Change Process:
Opening Blocks to Love and Creativity
When: First Saturday of the month, 12-4 PM, September-June

Participants help one another to deepen their awareness of the defensive processes that block psychic surrender and therefore block the capacities to connect, both with one’s internal deeper self for creative self-expression and with others, for love and intimacy.

Group Supervision & Mentoring for Mental Health Practitioners
Accepting New Members Now!
When: First Friday of the month, 1:30-3 PM, September-June

Participants will utilize Object Relations clinical theory in discussing cases from their own practice. Emphasis is on such challenging topics as envy, self-sabotage, developmental mourning, and erotic transference.

New Study & Experiential Group Forming Soon!
Working with Resistances in Psychotherapy
When: 8 weeks on Thursdays, 7:30-9 PM. Starting date tba shortly.

Participants will explore and learn to work with resistances through both readings and role plays with Dr. Kavaler-Adler, “getting inside the skin of your patients.”

Dr. Kavaler-Adler is practicing psychoanalysis and psychotherapy in NYC for over 35 years. She is an Executive Director, Faculty, Training Analyst, and Supervisor for the Object Relations Institute (www.orinyc.org). Dr. Kavaler-Adler is a prolific author who has published three books with Routledge and sixty professional articles in peer-reviewed journals.

To schedule an individual consultation for psychotherapy, psychoanalysis, clinical supervision, or mentorship in creative process, please call Dr. Kavaler-Adler at (212) 674-5425 or email DrKavalerAdler@gmail.com. For more information, visit www.kavaleradler.com.
When was the National Psychological Association for Psychoanalysis (NPAP) founded and how did it come into being?

NPAP, founded in 1948, is steeped within the dynamic equilibrium that was the late 1930s and 1940s American society of medicine and psychology, comprised of personality, ideology, politics, and, of course, money.

Regarding personalities, or ego, let us simply say that Theodor Reik was more than disappointed by the reception he received from the New York Psychoanalytic Society. He was, after all, a member of the Viennese Psychoanalytic Society and the Dutch Psychoanalytic Society, proud, respected, and unyielding. This perceived rebuke, coupled by his unwillingness to compromise his belief that non-medical analysis was intrinsically more vital to progress in psychoanalysis than was medical analysis, propelled him to found NPAP.

The logistics of the foundation of NPAP are straightforward. The inherent ‘drama’ must have been more compelling. Imagine this scene if you will: accomplished psychologists, some of whom had trained in Vienna, forced to sit in the back of the room at the William Alanson White Institute as auditors to a class; second-class citizens who had to sign a waiver stating that they would conduct research, but not practice psychoanalysis, in order to attend classes in psychoanalytic theory. Well, it was only a matter of time before this untenable situation led a group of non-medical professionals to begin meeting in Reik’s office to discuss cases, theory, and technique. In 1948 this dedicated group began to organize a program of study in psychoanalysis.

The National Psychological Association for Psychoanalysis was born out of the premise that, “Psychoanalysis falls under the category of medicine, not of medical psychology in the old sense, nor of the psychology of morbid processes, but simply of psychology. It is certainly not the whole of psychology, but its substructure, and perhaps even its entire foundation.” (Sigmund Freud, 1927)

What impact has NPAP had in the development of psychoanalysis, and where do you see it headed in the future?

NPAP’s impact upon the development of the field of psychoanalysis is immeasurable. Where would we be if only psychiatrists were trained as psychoanalysts? NPAP has fostered a rich, multi-generational series of theorists, authors, teachers, and practitioners. I believe NPAP has helped mainstream psychoanalysis by virtue of the fact that our members are multi-disciplinary, taking their education and training into varied academic, clinical, and other professional endeavors.

What are the fundamental goals of your institution?

NPAP is a community of psychoanalysts devoted to the training and continued development of psychoanalysts and the advancement of psychoanalysis both as a branch of knowledge and as clinical practice. We pride ourselves upon our values:

- Theoretical Openness
- Diversity
- Personal and Professional Growth
- Democratic Principles
- Participation in the Larger Psychoanalytic Community
- Service

What do you consider to be the greatest challenges facing NPAP?

NPAP’s greatest challenges are no different from our sister organizations. How do we maintain our historically sound educational foundation, continue to develop our metapsychology, expand our philosophical conceptualizations, and train highly qualified psychoanalysts in the face of tightened regulatory oversight, societal pressure, and financial necessity? NPAP also hopes to rebuild the bonds with the New York Psychoanalytic Society.

What does the future hold for Psychoanalysis?

Let me relate a personal story. Just as I was beginning my training at NPAP, some 25 years ago, the front page of the science section of The New York Times proclaimed ‘Psychoanalysis Is Dead.’ I thought to myself at the time, “Ah, a growth field!”

Almost weekly now we hear that psychoanalysis and psychoanalytic treatment are passé, and simultaneously research continues to substantiate both the efficacy of long-term psychoanalytic treatment and psychoanalytic theory. I see psychoanalysis as osmotic, continuing to permeate throughout societies, increasingly informing people’s abilities to make better decisions.

Carl Jung said, “Everything that irritates us about others can lead us to an understanding of ourselves.” Do you agree with his statement?

Clearly, Jung’s statement is a universal truth. So true, that over the years it has become a cliche. We know that to the thoughtful, investigative mind, everything we experience can be used to inform our understanding of ourselves, and, extrapolating from that, to our understanding of others. This is the intra-/inter-purposefulness of psychoanalysis: To understand ourselves and the other: Socrates defined the birth of society as occurring when the first two people came together. Psychoanalysis refines and expands our understanding of this.
Explore our Multiple Restructured Programs…
www.ORINYC.org

The Object Relations Institute (ORI) for Psychotherapy and Psychoanalysis is a NY State Chartered Educational Institute, founded in 1991. Training programs include programs for matriculated students enrolled in psychoanalytic & psychotherapeutic tracks: introductory courses offered for new mental health practitioners and interested public; and also courses for experienced clinicians of any school of psychoanalytic thought who wish to enhance their practice by application of the Object Relations theory.

One-Year Object Relations Evening Program:
Introduction to Object Relations Theory & Clinical Technique
October 2010-May 2011
Starts October 7, Thursday nights

This program consists of 3 trimesters of the theoretical part, accompanied by a complementary “Analyst as Instrument” group supervision component. Program can be integrated further in the 4-year certificate program.

- Trimester 1: Sigmund Freud as an Object Relations Theorist. Instructor: Dr. Rafael Javier.
- Trimester 2: Therapeutic Regression. Sandor Ferenczi and Michael Balint, the Fathers of Clinical Work with Primal Trauma. Instructor: Dr. Jeffrey Lewis.
- Trimester 3: Introduction to the Object Relations Clinical Technique and American Object Relations Theorists. Instructor: Dr. Susan Kavaler-Adler.

One-Year Object Relations Day Program for Practicing Clinicians & New Graduates of the Training Institutes
October 2010–June 2011
Starts October 6, Wednesday mornings

5 semesters of theory, accompanied by “Analyst as Instrument” group supervision component. Program can be integrated further in the 4-year certificate program. Students will benefit from experiential learning of how to process objective countertransference, and of concepts of the transitional space, transitional object, holding environment, container, projective identification, and many others.

Four-Year Certificate Program in Psychotherapy & Psychoanalysis

This Program’s unique curriculum features supervision groups where the group process is used as a learning medium. The experiential dimension of psychoanalytic learning is introduced here, and includes processing of “objective countertransference” feelings, associations, and visceral experiences.

Courses Examples:

* Theory of Melanie Klein
* Treatment of Borderline, Schizoid, & Narcissistic Disorder
* Dream Analysis: Object Relations & Jungian Perspectives
* Therapeutic Regression: S. Ferenczi & M. Balint
* Infant Research: Impact on Psychoanalytic Theory & Technique
* W. Bion & the Concept of Psychic Container
* A Case Seminar with Readings of D. Winnicott
* Cultural Influences on Psycho Development

One-Year Supervisory Training Program for Psychotherapists & Psychoanalysts

This Program includes mentorship supervision and exposure to the work of advanced clinicians utilizing the Object Relations approach.

For more information about the One-Year Intro, One-Year Supervisory & Four-Year Certificate Programs, contact Chair of Admissions, Audrey Ashendorf, LCSW: 212-684-2097 or ashendorf@earthlink.net. Or visit www.ORINYC.org and email our administrator at admin@orinyc.org/call 646-522-0387.

For more information about the One-Year Wednesday Morning Program, contact ORI’s Founder & Executive Director, Susan Kavaler-Adler, PhD, ABPP, NCPsya: 212-674-5425 or DrKavalerAdler@gmail.com.
MEMBER NEWS

Ann Akers, MDiv., has been appointed Director of Interfaith Clinical Education for Pastoral Ministry, a Doctor of Ministry Program at Hebrew Union College/Jewish Institute of Religion, in New York City. This program trains clergy of all faiths in counseling for use in their congregational and chaplaincy settings, integrating clinical and spiritual/theological issues and practice. Akers continues in private practice in New York City and Port Jervis, NY.

Claude Barbre, Ph.D., LP, received the Margaret Morgan Lawrence Award from The Harlem Family Institute for “his many years of outstanding service to HFI and the children and families of Harlem.” Dr. Barbre has worked in Harlem since 1985, and has participated in the life of HFI as a psychotherapist, supervisor, faculty member, Executive Director, and Board officer since 1993. In addition, the Council of the City of New York recently issued a proclamation recognizing the contributions of Episcopal Social Services (ESS), acknowledging past and present programs that have helped “transform the lives and communities of New Yorkers in need.” Sponsoring by ESS, Dr. Barbre was the Director of the Lay-Chaplaincy Program Openings at Bellevue Hospital for 10 years—an ESS program that graduated over 50 chaplains.

Brian Feldman, Ph.D., attended the International Trainers of Infant Observation Conference-Esther Bick Method, held at the Mexican Psychoanalytic Institute in March. The Trainers group is now organizing an International Infant Observation conference, which will be open to psychotherapists and psychoanalysts, to be held in Dakar, Senegal, October 29 through November 3, 2012.

In July this year, Dr. Feldman lectured in Moscow on infant observation, child analysis, and the psychic skin for the Moscow Association of Analytical Psychology. The interchange with Russian colleagues was fascinating, as the Russians are undergoing a period of rapid development and are eager for exchanges with the international psychoanalytic community.

On July 22-23, Ruth Lijtmaer, Ph.D., presented three papers at the Second Annual Conference on “Integrating Traditional Healing Practices into Counselling Psychology, Psychotherapy, and Psychiatry,” at the University of KwaZulu-Natal, Durban, South Africa. The papers were (pre-conference): “Diversity and Multicultural Counseling in USA,” “Race, Culture and Psychotherapy,” and (conference): “Integrating Latin-American Traditional Healing into Counseling and Psychotherapy.”

Robert Quackenbush, Ph.D., psychoanalyst in private practice and author/illustrator of many books for young readers and articles for psychoanalytic journals, has a busy lecture schedule starting this fall. He will be speaking on a panel for a Mystery Writers of America program event in October and leading a workshop at NAAP’s 38th Annual Conference in November, as follows:

Tuesday, October 19, 6:30-8:00 PM: New York Public Library Midtown Manhattan Branch, Mystery Writers of America panel discussion: The Art of Distraction: Using Red Herrings in Mysteries.


AUTHORS IN OUR MIDST


Robert Quackenbush’s most recent published books are: First Grade Jitters (HarperCollins), and the following five books published through the Authors Guild Backinprint.com program as E-Books, produced by iUniverse: Detective Mole, Calling Doctor Quack, Moose’s Store, Piet Potter Returns, and Piet Potter Strikes Again. For further information visit www.rquackenbush.com.

ARNO KARLEN

MAY 7, 1927-MAY 13, 2010

Arno Karlen, Ph.D., passed away peacefully at his home in Greenwich Village, NYC, where he had lived for forty years. Born in Philadelphia, PA, he studied the flute and played semi-professionally in orchestras and quartets. He was graduated from Antioch College in 1960 in French and English literature, and then joined the U.S. Army in 1961.

His first book of short stories, White Apples, was published at age 24 in 1961. He went on to become an editor at Holiday, then Newsweek, and an executive editor at Penthouse and Physicians World magazines. In the mid-1960s, Dr. Karlen turned to nonfiction books on history and biomedical subjects. His 1995 book Man and Microbes: Disease and Plagues in History and Modern Times won the prestigious Rhone-Poulenc Prize in England as the best general science book in Europe under the title Plague’s Progress (1996).

In the 1990s, Dr. Karlen became a psychotherapist and a psychoanalyst, completing in 1995 both a Ph.D. from New York University and advanced training at Washington Square Institute, where he became a supervisor and teacher of a popular course on sexuality. A gifted inspirational teacher and therapist, his deeply intellectual and analytic mind was tempered by a sharp wit. He was in private practice for 15 years, carrying a full patient load and two groups up until three months before his death from emphysema. Dr. Karlen is survived by his wife, Barbara, sons Josh and Eli, daughters-in-law Lorraine and Nicki, and six grandchildren.
Introduction to Modern Psychoanalysis
~ Demetria DeLia, Ph.D. and Vicki Semel, Psy.D.
Wednesdays: Oct. 20; Nov. 3, 17; Dec. 1, 15

Impossible Cases: Open Group Supervision
~ Maurice Lovell, Ph.D.
Fridays: Oct. 22, Nov. 18, Dec. 3

Designing Intervention Strategies: Object-oriented questions and techniques for defusing conflict and promoting collaboration in the clinical office, work, and life
~ Patricia Bratt, Ph.D.
Thursdays: Oct. 21, Nov. 18, Dec. 16

Maximizing the Teacher’s Impact: A Four-Session Workshop
~ Sheila Zaretsky, Ph.D.
Thursdays, dates TBA

Sunday Brunch Open House: What Psychoanalytic Studies Can Do for You!
Sunday, Oct. 17, 11:30-1:00 PM

Mothers and Daughter through the Lifespan: Communicating and Not Communicating
~ Annette Vaccaro, LCSW
Sunday, Oct. 17, 1:00-3:00 PM

Overwhelming Experiences in Everyday Life: Transforming Trauma to Resilience
~ Patricia Bratt, Ph.D.
Friday, Nov. 12, 7:00-9:00 PM

Conference:
Communication Strategies for Working with the Older Client
Friday, Dec. 11, 12 noon-3:30 PM

Becoming the CEO of Yourself: A practical program for business building
~ Patricia Bratt, Ph.D. Wednesdays, Jan. 19, Feb. 2, 16/2011 6:00-9:30 PM

Open House: What Psychoanalytic Studies Can Do for You!
Wednesday, Dec. 14, 6:45-8:00 PM

I Don’t Wanna Grow Up! Mid-life losses and opportunities
~ Elina Enista, Ph.D.
Sunday, Jan. 16, 1:00-3:00 PM

The Center for Modern Psychoanalytic Studies’ Annual Fall Conference is fast approaching. Dangerous Liaisons: Working on the Primitive Edge takes place on Saturday, November 20, at New York University’s Eisner & Lubin Auditorium at the Helen & Martin Kimmel Center for University Life, 60 Washington Square South, in Manhattan.

Freud thought that primitive patients were inaccessible to the influence of psychoanalysis. However, modern psychoanalysts have advanced analytic technique, particularly in the areas of preoedipal conditions and narcissism, such that we can say with conviction that very primitive patients can be successfully treated through psychoanalysis.

Dr. Rory Rothman will present her work with three cases that demonstrate the dynamics of working on the primitive edge. She will offer a schema for classifying types of psychic functioning that inhabit the somatic sphere. Dr. Sara Sheftel will then address specific clinical techniques that enable therapists to work with primitive, somatizing patients, and Dr. Jane Snyder will examine the challenges of conducting research with such patients. The morning will conclude with an audience discussion led by Dr. Lucy Holmes. CMPS faculty will be leading workshops in the afternoon. For more information about the conference, and other events, visit us at cmps.edu.

The celebration included a remarkable performance by singer, dancer, and frame-drummer Alessandra Belloni, Director of the Italian Theatre Group. The New York String Quartet also added Mozart and Bach to the festivities. After the conferring of the diplomas, Dr. Barbre introduced Michael Connolly, the new Executive Director of HFI, whose appointment reflects an HFI tradition of dedicated graduates who continue to make possible much-needed clinical programs in low-income neighborhoods. Michael, a native of Sydney, Australia, hails from a family of composers, academics, lawyers, and gifted writers. He is a news editor of the Wall Street Journal, and a coordinator and editor of its global editions’ international coverage. Michael is also active at the Cathedral of St. John the Divine and the Interfaith Center of New York. The evening concluded with a medley of tributes to Dr. Barbre, and a celebration of new leadership with Michael Connolly and Clinical Director Kim Arrington leading HFI.
forward with innovative school-based programs and clinical training in Harlem.

INSTITUTE FOR PSYCHOANALYTIC STUDIES

This fall, the Institute for Psychoanalytic Studies began its sixth year of classes. This past spring we honored our newest group of graduates: Mosse Burns and William Goldberg graduated from our program in Psychoanalysis, and Zachary Schwartz and Pari Sharifikashari graduated from the Integrated Child Program. In September, IPS hosted an Open House and a Conversation on “The Obsession with Thinness: Psychoanalytic Considerations.”

THE NEW JERSEY INSTITUTE FOR TRAINING IN PSYCHOANALYSIS, INC

As we begin our fall 2010 academic year here at NJI, we would like to welcome our new incoming students into our various programs. We wish them good luck in their future years here at NJI.

As we start our year we look forward to our 32nd Annual Conference entitled “Infidelity: Working through the Betrayal in Couples Therapy” with guest speaker Daniel Goldberg, Ph.D., and case presenter and NJI Advanced Candidate, Wendy Winograd, LCSW. This conference will begin with a theoretical overview of infidelity, and will explore the key clinical tasks involved in helping couples understand and work through the dynamics and issues leading to and resulting from the affair. Dr. Goldberg will address common clinical pitfalls that psychoanalysts/therapists frequently encounter; Wendy Winograd will be presenting a couple’s case with all its complexities. A conference not to be missed, it will be held on Sunday, November 7, 2010, at the Marriott at Glenpointe Hotel, in Teaneck, NJ.

On September 19, NJI held a fundraiser enjoying C.S. Lewis Meets Freud in “Freud’s Last Session” by Mark St. Germain at the the Marjorie S. Deane Little Theater in NYC. A good time was had by everyone who attended.

Our 11th Annual Child and Adolescent Psychotherapy Studies Program conference will be held on Sunday, April 10, 2011. “The Treatment of Children and Adolescents: Rescue Fantasies in the Therapist’s Subjectivity,” will feature guest speaker Theresa Aiello, Ph.D., and also breakout focus groups on the following topics: Information Fatigue Syndrome, Self Harm and Bullying, and Eating Disorders. It will be held at the Marriott at Glenpointe Hotel, in Teaneck, NJ. For more information please visit us at njinstitute.com or call us at 201-836-1065.

OBJECT RELATIONS INSTITUTE

This year, the Object Relations Institute celebrates its twentieth year and will be holding a very special Annual Conference on February 26, 2011. The topic, “Dialectics of Mortality and Immortality: Time as a Persecutory or Holding Object” is related to Donald Winnicott’s ideas on potential and transitional space, but now applied to time, and how our internal-object images (personas) of time affect each of us continuously, moment by moment, day by day, allowing for our fulfillment or self-sabotaging failure. Such phenomena as transitional objects and analyst’s breathing, as well as anti-aging theory and clinical vignettes, contrasting views, dance metaphors, and performances highlighting the interplay of space-time-internal-object experience, will complement the original paper presentation, as well as the presentations of our three discussants. For more information, visit www.orinyc.org. To pre-register, email admin@orinyc.org or call 646-522-0387.

Visit the ORI YouTube channel, ObjectRelations2009, and watch the five-minute video of the 2009 Annual Conference on Eroticized Demonic Object, the Demon Lover, Masud Khan, Date Rape, and Argentine Tango, and the 2010 Annual Conference on Psychoanalysis and Spirituality.

Support us in our Facebook cause, Support Mental Health Education, and help mental health professionals advance their knowledge of how to help people with mental illness. Your support and donations will benefit ORI’s Scholarship Fund, so more mental health professionals can afford education and professional development!

INSTITUTE NEWS

December 16: “How Do We Know?” The Question of Science and Psychoanalysis in the Aftermath of Post-Positivism, presented by Marc Angers, LCSW, L.P., NCPsyA and moderated by Gibbs Williams, Ph.D.

January 27: Trauma to the Brain as Seen Through the Lens of Neuroscience and Psychoanalysis, with Mary Edlow, Ph.D., LCSW, Charlotte Kahn, Ph.D., Edith Laufer, Ph.D., Aideen Nunan, LCSW, Ann Rose Simon, LCSW, and Susan Klett, LCSW-R.

February 24: Addressing Money-Related Issues in Psychotherapy, presented by Richard Trachtman, Ph.D. and moderated by Roberta Ann Shechter, DSW.

Lectures are on Thursday evenings, from 8:30 to 10 o’clock, and are free of charge. For more information, contact Susan A. Klett, WSI’s Director of Continuing Education, at sk409@columbia.edu. We look forward to seeing you at some of these events!

“So what’s your school of thought?”

WASHINGTON SQUARE INSTITUTE

Washington Square Institute is looking forward to a full autumn and winter this year, which include some exciting talks lined up in our Scientific Lecture Series;

October 21: Partner Selection within the Cultural Dialectic, presented by Gerd H. Fenchel, Ph.D. and moderated by Marilyn Tauber, M.A., L.P, NCPsyA.